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Contact DelaWELL

www.delawell.delaware.gov

1-800-556-6106

EMAIL: Employee.wellness@state.de.us

Alere

https://delawell.alerehealth.com

1-866-674-9103

Contact Statewide Benefits Office

www.ben.omb.delaware.gov 1-800-489-8933 OR (302) 739-8331



Is one of your New Year's resolutions to reach and maintain a healthy weight?



Weigh Down, Stay Down Challenge: January 10 - March 4, 2011

(Worth 5 **Personnel** Credits*)

Get a jumpstart to health and wellness in 2011 by joining DelaWELL for a fun challenge, worth 5 credits, to help you reach and maintain a healthy weight. Taking small steps each day – such as exercise, eating a healthy low-fat breakfast, limiting sweets and drinking plenty of water – will earn you points and give you a healthy boost to jump start your wellness journey in the New Year!

The goal of the challenge is to accumulate at least 150 points during the 8 weeks between January 10 and March 4 to earn **5 Wellness Credits** in the Dela*WELL* program. Participation can be individual or team-based.

*Wellness Credits help eligible members earn up to \$200 in DelaWELL Rewards!

Watch for more information coming soon to help you get started.

NOTE: Individuals may participate in the challenge. Participating as part of a team is optional. Also, weight loss is not required to meet the goal or earn credits.

Healthy Recipe

vegetable barley



For variety, you can substitute thin noodles for the barley. Add them along with the other ingredients.

Takes 30-60 minutes Makes 12 servings (3 quarts)

INGREDIENTS

1/4 cup barley

10 cups Vegetable Stock

- 2 cups corn kernels, fresh or frozen
- 1 14.5-ounce can low-sodium diced tomatoes, including juice
- 4 large carrots, cubed (about 2 cups)
- 1 large baking potato, peeled and cubed (about 1 1/2 cups)

1/8 teaspoon sea salt (optional)

2 cups green beans

PREPARATION

- 1. Rinse barley and drain.
- Place all ingredients except green beans in a pot and heat over medium-high heat. Bring to a boil, and then reduce to simmer.
- 3. Cook for 30 minutes, stirring occasionally. Add green beans and cook until potatoes are tender and barley is soft, about 15 minutes more. Barley expands the longer it sits in liquid, so if soup becomes too thick add more water.
- 4. Ladle into bowls and serve.

NUTRITIONAL INFO PER SERVING

112 Calories 0.3g Fat

0.1g Saturated fat

3.1g Protein

26g Carbohydrate

4.4g Fiber

78mg Sodium

For more great healthy recipes, visit the DelaWELL Health Portal at https://delawell.alerehealth.com



The Fitness Guru Says...

Question of the Month: How can I maintain my healthy eating habits during a holiday feast?

Dear Employee,

The only one stuffed during the holiday season should be the turkey. These guidelines will help you make healthy food choices and limit tempting, high calorie foods during the holidays and other special occasions:

- 1. Don't arrive on an empty stomach! Although you may be tempted to skip lunch so you can splurge on dessert, don't! Have a bowl of cereal, vegetable sticks, fresh fruit, a salad, a handful of nuts or a small sandwich before you arrive. Skipping breakfast or lunch may cause you to overeat and consume more calories than you would if you had eaten something beforehand.
- **2. Offer to bring a healthy dish.** This strategy provides you with a good menu option, and your host will greatly appreciate the help.
- Avoid excess alcohol and snacks. Save your calories for the main meal.
 Alcohol provides many calories. Also, try not to sit within arm's reach of tempting snack foods.
- 4. Select small portions. Moderation is key. Selecting small portions allows you to control your calorie intake yet enjoy all the different items offered. If you really crave a high-calorie item, go ahead and treat yourself to a small serving.
- 5. Eat slowly. Take time and enjoy the taste of your meal. Take small bites, and chew slowly. It usually takes about 20 minutes for your brain to get the message from your stomach that you are full. By eating slowly, you might be less likely to raid the dessert table.
- **6.** Leave the table when you are done. If you linger at the table, you may be tempted to continue eating even if you are not hungry. Stay long enough to enjoy the meal, but leave the table while you are still ahead of the calorie game. Offer to help with dishes, clear the table or you can even take a walk.

Stay Fit and Happy Holidays! F.G. (a.k.a. Fitness Guru)

Good Stress vs. Bad Stress

It's Important to Know the Difference





It's virtually impossible to avoid stress no matter how hard we may try. Not all stress is bad – some can actually be healthy, motivating us to achieve and be more productive. But studies have shown that chronic stress can increase the risk of mental and physical illnesses. That's why it is important to recognize behaviors that may hike your stress levels and take steps to avoid them.

Old habits may be hard to change – but help is as close as your telephone. Enroll with your own personal health coach today and get help managing your diet, becoming physically active and better managing your stress!

Call **(866) 674-9103** to get started today!

Eat This, Not That -Healthy Holiday Cooking (Special Edition)



- For gravies or sauces If you are making pan gravy, first skim the fat off pan drippings. For cream or white sauces, use fat-free (skim) milk and soft tub or liquid margarine.
- For dressings or stuffing Add low-sodium broth or pan drippings with the fat skimmed off instead of lard or butter. Use herbs and spices and a whole grain bread for added flavor.
- For biscuits Use vegetable oil instead of lard or butter and fat-free (skim) milk or 1 percent buttermilk instead of regular milk.
- For greens Use skin-free smoked turkey, liquid smoke, fat-free bacon bits or low-fat bacon instead of fatty meats.
- For sweet potato pie Mash sweet potato with orange juice concentrate, nutmeg, vanilla, cinnamon and only one egg. Leave out the butter.
- For cakes, cookies, quick breads and pancakes Use egg whites or egg substitute instead of whole eggs. Two egg whites can be substituted in many recipes for one whole egg. Use applesauce instead of some of the fat.
- For meats and poultry (chicken and turkey)
 - ♦ Trim away all of the visible fat from meats and poultry before cooking.
 - ♦ Take off poultry skin before eating.
 - ♦ Broil, grill, roast, poach or boil meat, poultry or fish instead of frying.
 - ♦ Drain off any fat that appears during cooking.
 - ♦ Chill meat and poultry broth until fat becomes solid. Skim off fat before using the broth.
 - Skip or limit the breading on meat, poultry or fish. Breading adds fat and calories. It will also cause the food to soak up more fat during frying.
 - Choose and prepare foods without high fat sauces or gravies.

National Hand Washing Awareness Week (December 5 – 11, 2010)



Keeping hands clean is one of the most important ways to prevent the spread of infection and illness. The basic rule is to wash hands before preparing food and after handling uncooked meat and poultry, before eating, after changing diapers, after coughing, sneezing or blowing one's nose into a tissue, after using the bathroom and after touching animals or anything in the animal's environment.

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to lather and scrub all surfaces.
- Continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.
- Always use soap and water if your hands are visibly dirty.

If soap and clean water are not available, use an alcohol-based hand rub to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast-acting.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand.
- Rub hands together.
- Rub the product over all surfaces of hands and fingers until hands are dry.



Universal Life (GUL) Program Enhancements effective January 1, 2011

The State Employee Benefits Committee (SEBC) voted to enhance the Dependent Term Life portion of the Group Universal Life (GUL) insurance program underwritten by Minnesota Life Insurance Company. Child Term Life coverage will now be offered at \$10,000 of coverage at a cost of \$1.16 per month. For benefits eligible active employees who currently have Child Term Life coverage, the coverage will automatically increase from \$6,000 per child to \$10,000 per child with no change to the current \$1.16 per month premium cost. Additionally, a \$20,000 spouse coverage option has been added to the program and a new legal services program will be available and ready for you to access. All of these enhancements will become *effective January 1, 2011!*

Spouse Term Life

- \$10,000 coverage/costs \$3.08 per month
- \$20,000 coverage/costs \$7.05 per month

Child Term Life*

• \$10,000 coverage/costs \$1.16 per month (to cover all eligible children)

*Children are eligible for coverage until the end of the year in which they turn age 19 or until they have attained the age of 24 years if a full-time student. Coverage may be continued beyond these ages for disabled children.

Legal Services

The will preparation and legal services program provided through Ceridian LifeWorks is available to actively enrolled benefits eligible GUL employees, their spouses and dependent children. Some of the services provided include:

- **Consultation with an attorney.** You are entitled to a free 30-minute initial consultation in person or over the phone with a participating attorney in your state of residence.
- **Download legal forms.** Download forms, such as affidavits, real estate forms, etc., online. Keep in mind these are "for your information only," and you should work with your attorney to receive legal advice for your specific situation.
- Get your legal questions answered. There is a vast library of legal information and resources for your reference.
- **Retain an attorney at a 25% discount.** After your initial consultation, you may retain your participating attorney and receive a 25% discount from the participating attorney's normal hourly rate.

For more information, please visit www.LifeWorks.com (user name: will, password: preparation), or call (877) 849-6034.

For more detailed information. . . You can log onto the Statewide Benefits Office website at www.ben.omb.delaware.gov/life to obtain additional information regarding the Group Universal Life (GUL) program

Questions?

Call Minnesota Life at **877-215-1489** Monday through Friday, 8:00 a.m. to 7:00 p.m. (ET), or by email at <u>lifebenefits@securian.com</u>. You may also contact Leslie Ramsey at the Statewide Benefits Office at **(302)739-8331** or by email at <u>leslie.ramsey@state.de.us</u>.

Services provided by Ceridian LifeWorks are their sole responsibility. The service is not affiliated with Minnesota Life, Securian Life or their group contracts and may be discontinued at any time.

Products are offered under policy form series 00-30252. Please refer to your certificate for details regarding your plan.

Flexible Spending Account Program - Plan Year 2010

Remember...Plan Year 2010's grace period is until March 15, 2011, allowing members to incur services until this date against their 2010 elected amounts.

April 15, 2011, is the cutoff date to request reimbursements and for Benny Card holders to substantiate outstanding claims. Also, effective January 1, 2011, most over-the-counter medications will require a prescription to qualify for reimbursement. Contact ASIFlex at 1-800-659-3035 for more information or view information online at www.ben.omb.delaware.gov/fsa.



VSP Eyecare Monthly Article: <u>A Must for Your Peepers</u> December is *Sight Appreciation Month*

A simple thing that's good for your eyes is a complete eye exam. Maybe you've heard of or received an eye screening. It's not the same as a complete exam. To learn more about your vision benefits, please visit www.vsp.com and click the *Members* tab.

Employee Communications Website

- ✓ View Statewide Benefits news,
- ✓ WELLAWARE newsletters, and
- ✓ Find information on how to access and view your payroll advice online through ePay and much more at http://omb.delaware.gov/ecomm.shtml.



HEALTHY WORDS FOR THOUGHT....

"A goal without a plan is just a wish." ~ Antoine de Saint-Exupery

